



MELT-IN-YOUR-MOUTH MUFFINS
FOR BREAKFAST AND
DINNER {page 16}

PENN PAL SCARLETT AND SEAN STEP OUT DISH {page 12}



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Wednesday, March 23, 2011
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News worth sharing.



Home.

► Halifax native Sarah McLachlan performs at the Metro Centre last night. McLachlan spent yesterday visiting some favourite spots like Point Pleasant Park and the site of her old school Queen Elizabeth High.

RYAN TAPLIN/METRO

McLachlan no stranger to this place

Canadian pilots abort raid

Risk of hurting Libyan civilians
too high {page 7}

Moose as green as they come

Young Herd set to enter playoff
pressure cooker {page 18}

Election won't hurt N.S.: Steele

► Finance Minister Jim Flaherty announces \$278.7B budget, deficit of \$29.6B ► Liberals, NDP, Bloc say they won't support budget as is, meaning election likely



ALEX
BOUTILIER
@METRONEWS.CA

Budget 2011 looks like it might just become Election 2011 after all.

But Nova Scotia's finance minister told reporters yesterday he doesn't expect a federal election — should one be called — will jeopardize the province's interests.

"We would have liked to have positive support or even a mention of our key priorities in the federal budget," Graham Steele told reporters last night.

"But we did not expect, truly, that either the subsea cable or the convention centre would be specifically mentioned today, because they are not, strictly speaking, budget items for the immediately ensuing fiscal year."

The subsea cable is a key component of a \$6.2-billion project between Nova Scotia and Newfoundland and Labrador's energy utilities that would see hydroelectric energy pumped from Lower Churchill Falls to Cape Breton and through the province.

The convention centre is, of course, the convention centre.

Premier Darrell Dexter told reporters

Budget reaction

► "Mr. Harper had an opportunity to address the needs of hard-working middle-class Canadians ... and he missed that opportunity. He just doesn't get it," said NDP Leader Jack Layton.

► More budget coverage, pages 6 & 10.

last week he hoped both projects would have commitments from the federal government before the budget was tabled.

"We're hopeful that we are going to hear from them before (federal) budget day," Dexter said last Wednesday.

"Either one of the projects, it (a delay) affects the ability of them to arrange financing and to maintain pricing."

Under federal election rules, no funding decisions can be made — at least publicly — during the course of an election.

That's trouble for the already-extended deadline for convention centre funding in mid-April. If a federal election is called this week, ballot day would be May 2.

Convention centre developer Joe Ramia declined to comment yesterday, saying he did not want to speculate on politics.



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263 Jury St.

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Supplementary school cash reduced

Some councillors wanted to take pity on the Halifax Regional School Board and its budget, but that didn't fly yesterday.

Council considered a four-year agreement with the school board that would see supplementary funding to schools decrease by \$450,000 a year for the next four years. This \$1.8-million in savings over four years wouldn't come from HRM's budget, but rather from the area tax rate and the taxpayer's pocket.

Coun. Lorelei Nicoll wanted to put off a four-year agreement until next year to give the school board a chance to adjust to provincial cuts. But her motion was voted down and the four-year agreement was approved.

The feeling at council was the municipality is trying to get out of supporting education, but provincial cuts make that difficult.

"I wonder sometimes if we're getting the bang for our buck or letting the



"I think our money more belongs with the children than rock concerts."

COUN. STEVE STREATCH

province get away with murder," said Coun. Jerry Blumenthal.

He added when the province reduces its funding, it creates a dependence on HRM's supplementary contribution.

Gin Yee, vice-chair of the school board, said knowing what's coming for the next four years is actually helpful. The agreement was worked out between HRM and school board staff and will have to go before the board for approval in a future meeting.

"Our next budget year is going to be a rough year for

the Halifax Regional School Board. We're going to have to make some tough choices," Yee said. "We have to find \$12 million this year only to balance the books."

● JENNIFER TAPLIN

Cuts

▶ The province is asking school boards across Nova Scotia to cut between \$37.6 million and \$42.6 million from their budgets.

NDP axes deal for municipal funding

▶ Municipalities to cough up \$50M more in corrections, education, public housing over next four years

Municipalities will be forced to shoulder more of a financial burden after the province scrapped a 2007 memorandum of understanding between the two levels of government.

Service Nova Scotia and Municipal Relations Minister John MacDonnell revealed yesterday the province cannot afford to continue the funding agreement.

"We did need to change the agreement to make it more affordable," said MacDonnell.

"Up till now, this agreement has cost the province about \$21.5 million ... We simply cannot afford these additional costs."

The agreement was signed in November 2007 by the previous Tory government and the Union of Nova Scotia Municipalities.

It committed the province to tie increases in

"We have to go home and adjust and say, 'How are we going to handle this?'"

BILLY JOE MACLEAN, UNSM

the municipal cost of education to the Consumer Price Index, as well as to not increase the municipal contributions to corrections and public housing over the seven-year life of the agreement.

In exchange, the UNSM agreed to fund municipal auditor general offices.

MacDonnell said he doesn't think the province reneging on its side of the deal should affect the municipalities' plans to create auditor general positions.

"That shouldn't be the case," he told reporters.

"We're not ripping up the MOU per se, we're adjusting it." ● ALEX BOUTILIER

Mayor reacts

Yesterday's announcement will definitely impact HRM, but Mayor Peter Kelly said he doesn't know how hard it will hit yet.

▶ The municipality forwards on over \$100 million a year in taxes it's collected to the province each year.

▶ "With the cap coming off, it's going to be a \$2-million to \$3-million impact (on education) alone," Kelly said.

▶ "It is of concern because we are trying to deal with our budgetary challenges this year, and it will certainly factor into next year's discussion as well."

▶ Kelly said he will bring HRM's worries to the province. "It definitely is a concern moving forward and a cost implication for our taxpayers."

● JENNIFER TAPLIN



▶ Mayor Peter Kelly speaks with Metro in this file photo from 2009.



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Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society Relay For Life to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local Relay For Life at cancer.ca/relay

There are 22 Relay For Life events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



celebrate remember fight back

Investigators yet to determine cause of blaze

► Fire causes extensive damage to famous red barn ► Building was reportedly previously used as set for the TV show *The Trailer Park Boys*



► A firefighter carries a hose back to the truck following a barn fire on Bissett Road in Cole Harbour yesterday morning.



PHILIP CROUCHER
@METRONEWS.CA

Fire investigators are expected back on scene today to try and determine what caused a blaze that has destroyed a well-known Cole Harbour landmark.

Halifax RCMP and Halifax regional firefighters were called to 255 Bissett Rd. just after 1 a.m. yesterday and found the old red

barn at the location engulfed in flames.

"There were flames shooting out the building," fire spokesman Mike LeRue said. "We called more units in and had it under control in about an hour and a half."

The barn — located across from the former Halifax County Rehabilitation Centre — was a popular meeting place for many lo-

cal residents, who park their vehicles and walk through adjacent trails.

The building is owned by the province's Department of Natural Resources and was used by the Cole Harbour Parks and Trails Association for storage of equipment and supplies.

LeRue said 10 fire units attended the blaze, with fire fighters on scene until the late morning putting out any hot spots.

Things then turned over to fire investigators, who have yet to determine a cause after spending most of yesterday on scene.

"They have to put it all

Taking a tumble

► There were no injuries in the blaze, but a volunteer firefighter avoided being seriously hurt after sliding from one floor down to another.

► "They were doing some overhauling and were moving a piece of metal and he slid down to the basement," LeRue said. "He was uninjured ... and continued to work on the scene."

back together to try and find the point of origin," LeRue said.

SPRYFIELD

Police seize 3 handguns

Police say three handguns were seized early yesterday morning in Spryfield.

Two males and a female were walking in the 300 block of Herring Cove Road, and according to police, fled when an officer left his vehicle to speak with them regarding an earlier

stabbing in the area. The stabbing proved to be unrelated to the three.

Police say the K-9 team tracked down the trio to an address on Abrams Way and a handgun was allegedly found on one person.

A 16-year-old male from Halifax is facing charges for weapons-related offences and an 18-year-old is charged with obstructing police.

Two other handguns were found inside the residence, according to police, but that investigation is on-going.

● METRO

Three arrested after man stabbed

Police say an early morning stabbing in Spryfield yesterday was the result of a dispute "between parties."

Three people were arrested yesterday in relation to the incident, which police say wasn't random in nature as those arrested knew the 19-year-old victim.

Just before 4:30 a.m., police say they were called to a report of an injured person at an address on Lavender Walk. When they arrived, police say the male victim was found suffering from mul-

Charges expected

A 36-year-old woman and two males, aged 19 and 17, were arrested.

tiple stab wounds.

He was taken to hospital with non-life-threatening injuries.

Police say they later determined the victim was stabbed at a residence on Orange Walk and fled to Lavender Walk.

Police say charges are expected.

● METRO

Eastern Passage fire causes damage

Police say a fishing boat valued at \$300,000 was extensively damaged by a fire overnight on Monday.

The 42-foot boat was docked at 1491 Main Rd. in Eastern Passage.

Two nearby sheds also suffered heat damage. The cause is under investigation.

● METRO

Province touts green lawn care

The province announced a new awareness campaign to promote natural lawn care.

The Healthy Lawns campaign follows the Non-Essential Pesticides Control Act passed in May 2010. It will include a pamphlet, a toll-free information line, as well as website information and public presentations.

● METRO

Dog days of retiring

A Halifax RCMP police dog will enjoy retirement being a "couch potato" after over four years on the force, its handler said yesterday.

Ronin is a five-and-a-half-year-old German Shepherd who worked alongside Const. Brent Bates in the field since January 2007. He's retiring to a family in Dartmouth because, according to his handler, he's not enjoying the job anymore.

"It's a very sad day," Bates said yesterday. "He's been a great partner. I hate to see him retire."

Bates said one of Ronin's most heroic moments was helping to catch a murder suspect in Lower Sackville last fall.

Demon, a 15-month-old German Shepherd, will take Ronin's place on the force.

● LAURA WARREN



► Const. Brent Bates next to Ronin yesterday.



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LAURA WARREN/FOR METRO



► Steve Jones, president and CEO of Prostate Cancer Canada, and Helene Vassos, PCC's executive vice-president, officially open the new centre in Halifax yesterday.

Prostate cancer fight has new local homebase

► Close to 100 people gathered at yesterday's official opening of PCC office, located at 5121 Sackville St.

Men suffering from prostate cancer in Nova Scotia now have a place to turn to.

Prostate Cancer Canada opened a new office in Halifax yesterday, hoping men will come for support.

"Men have a very hard time talking about prostate cancer," Helen Vassos, executive vice-president of PCC, said at yesterday's opening, which was the first for Atlantic Canada.

"It's important that survivors know we have presence here, and we can raise the flag about prostate cancer."

According to PCC,

1 in 6

Prostate Cancer Canada says 1 in 6 men will be diagnosed with prostate cancer.

prostate cancer is showing up in men as young as 40, and 24,000 men are diagnosed with prostate cancer each year.

Over 90 per cent of cases are curable if detected at an early stage, the PCC says, yet approximately 4,400 men die from prostate cancer each year.

Peter Mallette is glad he

got checked out early. He's a prostate cancer survivor, and the director of PCC's Atlantic-region office.

He said prostate cancer runs in his family, and that's why he got checked out. He said the opening of this office gets them closer to their goal of becoming a national organization.

"A very proud moment for us. This really is a dream come true," Mallette said.

The PCC is the only national foundation dedicated to eliminating prostate cancer through research, education and awareness, a release says.

● LAURA WARREN

Logjam in fire ranks has hiring plans up in smoke

Nearly 100 firefighters on the candidates' list to be considered for a full-time job will have to wait even longer for the chance.

Yesterday regional council declassified a report from Halifax Fire and Emergency on their decision to retire their current list of candidates, which was created in 2007.

"Vacancies have not occurred at the rate originally anticipated," reads the report to council. "In consideration of the current statistics, the 2007 el-

igibility list, if maintained, would continue to be in place for approximately four more years."

Keeping the 2007 list would have a "detrimental impact" on the volunteer fire service because volunteers will believe there are no jobs in the future, the report says.

"They may see no viable career track which is a key factor in their decision to volunteer. Of the 94 candidates on the list, 55 are volunteers."

The report suggests it would also affect recruit-

Fired before hired

The fire service has informed the candidates on the list it will expire at end of this year.

► The fire service is working on a new recruitment process they expect to finish at the end of October.

ment from the general public and could lose "an entire cohort of youth as potential applicants."

● JENNIFER TAPLIN

No more developer donations?

There will be no more campaign contributions from developers to councillors if Coun. Brad Johns has his way.

If his motion is

approved at next Tuesday's council meeting, the HRM would send a letter to the province asking to amend the rules governing municipalities so no councillors may receive campaign money from developers.

Johns said he's hoping it would be effective provincewide.

The motion wasn't prompted by a specific instance, said Johns, but residents have speculated to him about the reasons why some developments are approved.

"It keeps everything clear and transparent," he said. "We remove the ability to make an accusation." ● JENNIFER TAPLIN

Liberals promise new ferry

Liberal Leader Stephen McNeil yesterday committed his caucus to funding a ferry between Yarmouth and New England should the party form the next provincial government.

"Let me be clear. Our caucus and our party want to return an international ferry service to Yarmouth," McNeil said, in a release.

In 2009 the NDP scrapped a subsidy to Bay Ferries, the company that ran the Yarmouth ferry.

● METRO

Hockey team waits on fate

A spokesman for Saint Mary's University says the future of the women's hockey team will be decided next week.

Steve Proctor says the board of governors will decide whether to continue with the program that was cut last Friday when it deals with the school's operating budget next Tuesday.

The decision to cut women's hockey was put on hold following an outpouring of letters and emails in support for the program. THE CANADIAN PRESS

Seller touts dime-a-litre discount

Get there early, get some cheaper gas.

Canadian Tire Petroleum announced a 10-cent-per-litre gas-price reduction at four locations across Canada, including its location in Lower Sackville on Sackville Drive.

The catch? You need to pump between 6 and 9 a.m.

Gas is currently selling in HRM for 126.8 a litre.

The new regulated price from the province comes on Friday.

● METRO

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MARCH 12 - 24

MIC MAC MALL

It's the DOA budget?

► Flaherty delivered goodies, but with an election looming it's unlikely they'll see the light of day

Finance Minister Jim Flaherty stuffed his budget yesterday with goodies.

They included programs such as a return of the home energy retrofit program, tax credits for caregivers, improved pensions for the poorest seniors and breaks for tots' art classes and tutoring.

But with the opposition vowing to trigger an election, the likelihood is that none of the measures will see the light of day.

What will survive is the bottom line — the federal government of whatever stripe will have more money to spend or to squirrel away for a rainy day.

"Leadership is about finding a balance between needs," Flaherty told the House of Commons.

New program spending worth \$2.3 billion is largely offset by cuts elsewhere

Personal finance

Single seniors up to \$600 a year; couples \$840 extra.

\$75

\$500 tax credit for arts programs for children saves parents \$75 a year.

\$600

\$300

\$2,000 family caregiver tax credit worth \$300 for caregivers of dependent relatives

Volunteer firefighters tax credit of \$3,000 would save \$450 for 200 hours of service a year.

\$450

as the original, recession-fighting budget of 2009 finally expires.

It's all packaged in a conservative document that forecasts the huge federal deficit receding slightly faster than predicted, down to \$40.5 billion the year just ending, \$29.6 billion in

2011-12 and virtually eliminated four years from now.

"There's nothing in this budget the opposition parties couldn't vote for," Chisholm Pothier, Flaherty's spokesperson, told a briefing.

How wrong he was.
THE CANADIAN PRESS



► Thumbs down: NPD Leader Jack Layton tells reporters "Mr. Harper had an opportunity to address the needs of hard-working middle-class Canadians ... and he missed that opportunity. He just doesn't get it."

What they said

Some quotes in the wake of the federal budget:

- "We find that the priorities of this government are not the priorities of ordinary Canadians," said Liberal Leader Michael Ignatieff.
- "Nothing in this budget has persuaded me that Mr. Harper has changed his ways. And that's why the NDP will not support this budget in its current form," said NDP leader Jack Layton.
- "No tax hikes, no substantial spending cuts. I like that very much," said Steve Goudy, a 59-year-old provincial government retiree living in Fredericton.
- "Stephen Harper clearly has the wrong priorities," said Ken Neumann, a top United Steelworkers exec.
- "Better by the day," said Jack Layton, when asked about his health problems.

Flaherty's fiscal fairy dust is a learning tool

Conservative attack ads may accuse Liberal Leader Michael Ignatieff of "just visiting" for his years living overseas.

But yesterday's federal budget makes it easier for young Canadians to study abroad.

By sprinkling some fiscal fairy dust, Finance Minister Jim Flaherty's sixth budget tries to slice off a key plank in a possible Liberal election campaign: education.

Flaherty offered modest credits that increase exemptions and expand eligi-

bility for Canada Student Loans and Grants by \$34 million a year, and invest \$9 million over two years to increase adult basic education and opportunities in the North.

Flaherty also offered \$10 million in tax relief to Canadian students pursuing post-secondary education abroad.

"As Canadian students seek to develop the skills and knowledge needed to work in a global marketplace, the government recognizes students pursuing the best educational op-



► Tory attack ads have criticized Michael Ignatieff for his three decades working as an academic and author in Britain and the United States.

portunities available to them, whether in Canada or abroad," the budget says.

Flaherty's budget also contains new spending aimed at luring the best and brightest foreign students to Canada's halls of higher learning.

The budget provides \$10 million over two years to develop "an international education strategy that will reinforce Canada as a country of choice to study and conduct world-class research."

THE CANADIAN PRESS

Bonus for skills

Flaherty strove to help students of all stripes:

- Canada's skilled workers benefit from a new measure that will make certification exams tax deductible in almost four dozen occupations, trades and professions.
- It will extend from plumbers, welders, metal fabricators and machinists to chartered accountants, physicians, registered nurses and architects.

Wishing, hoping ... now he's a winner

The economy is coming to the rescue of Jim Flaherty's wishing-and-hoping balanced-budget plan.

When he announced last March that he would balance the budget in five years, there were plenty of skeptics.

This March, Flaherty is back with the same projections — only improved.

Now not only does Flaherty envision his red ink painted black in 2015-16,

by then it will be an even bigger surplus, he says.

For all intents and purposes, he will achieve balance a year before.

To do so, the government is counting on an infusion of tax cash from the economic recovery.

Ottawa can reduce the deficit from a previously projected \$45.4 billion to \$40.4 billion, and many think it will be lower still.
THE CANADIAN PRESS

Budget says age is just a number

Freedom 75? 80?

Ottawa is ready to do away with mandatory retirement at age 65 in federally regulated industries.

The budget says the government will bring in legislation to change the Canadian Human Rights Act and the Canada Labour Code to prohibit mandatory retirement unless there's a real occupational requirement. "This would

allow Canadians to choose how long they wish to remain active in the labour force."

A private member's bill that would do much the same thing has been slowly making its way through the legislative process.

Budget papers say people are living longer, more active lives. "Those who wish to remain active in the labour force should be able to do so for as long as they desire, enriching the workplace with their accumulated knowledge and experience."

THE CANADIAN PRESS

Tories put green into home building

Environmental spending in the federal budget focuses on green homes.

The NDP called on the Tories to renew the ecoENERGY Retrofit-Homes program and the government complied yesterday, pouring an extra \$400 million into the initiative.

It offers rebates to help make homes more energy efficient and was initially designed as a four-year program to end this year.

But it proved to be a popular package for a government fending off accusations of ignoring the environment.

The Tories topped it up in the last two budgets before extending it in this budget for another year.

They also allocated \$35 million over five years to support climate-change and atmospheric research.

THE CANADIAN PRESS

Canadian pilots abort Libya raid over civilian risk

- U.S. jet crashes, pilots eject, one hides in sheep pen
- Clinton says a Gadhafi son may have been killed

It was just too risky.

Canadian military fighters abandoned an attack on a Libyan airfield and avoided civilian deaths yesterday on their first offensive operation against Moammar Gadhafi since arriving on the weekend.

Defence aide Maj.-Gen. Tom Lawson said the two Canadian pilots and command elements determined the risk of collateral damage was too high.

An American F-15 jet crashed in the rebel-held east, both crew ejecting.

One of the pilots parachuted into a rocky field and hid in a sheep pen on a family farm. The pilot left in a car, taking with

Battles rage

- Moammar Gadhafi's forces shelled rebels in the dunes outside Ajdabiya, a city of 140,000 that is the gateway to the east.
- Misrata, Libya's third-largest city, was being bombarded by Gadhafi's forces, his tanks and snipers controlling the streets.
- Civilians in Misrata were surviving on dwindling supplies of food and water.

him water and juice the family provided.

The second pilot was picked up by a helicopter.

Other developments:

- One of Gadhafi's sons may have been killed, U.S. Secretary of State Hillary Clinton told ABC News. She cited unconfirmed reports and did not say which son she meant.

- The Dutch will deploy six F-16 fighter jets, a refuelling plane and a minesweeper in the Libya operation.

- Gadhafi appeared before a crowd in Tripoli, pledging victory.

- President Barack Obama said he has no doubt the U.S. will be able to transfer control of the Libya operation to an international coalition within days. **THE ASSOCIATED PRESS**

Republic of Congo. 19 killed



► The Antonov 32's tail stands as a stark monument to disaster.

THE ASSOCIATED PRESS

Plane crash shocks neighbourhood

At least 19 people were killed and many more wounded when a cargo plane crashed in a densely populated neighbourhood of Pointe-Noire, the economic capital of the Republic of Congo, officials said. The Antonov 32 buried several houses in debris. The pilot was able to escape from the cockpit.

2 Two past winners of the award include former president Gerald Ford and former UN secretary general Kofi Annan. Kennedy's family created the honour.

His courage hailed

Wael Ghonim, a Google executive who launched a Facebook page that sparked protests in Egypt that led to the ouster of

President Hosni Mubarak, is to receive the annual John F. Kennedy Profile in Courage Award.

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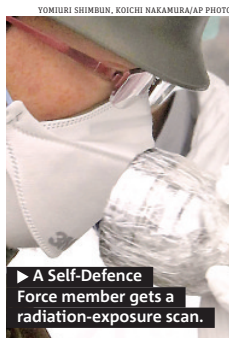
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Power lines connected to nuclear plant in Japan

Workers at a leaking nuclear plant hooked up power lines to all six of the crippled complex's reactor units yesterday, but other repercussions from the March 11 earthquake and tsunami were still rippling across the nation as economic losses mounted at three of Japan's flagship companies.

The progress on the electrical lines at the Fukushima Dai-ichi nuclear power plant was a welcome and significant advance after days of setbacks. With the power lines connected, officials hope to start up the overheated plant's crucial cooling system that was knocked out during the earthquake that devastated Japan's northeast coast.

Tokyo Electric Power Co. warned that workers still need to check all



► A Self-Defence Force member gets a radiation-exposure scan.

equipment for damage first before switching the cooling system on to all the reactor units, a process that could take days and even weeks. Late last night, Tokyo Electric said lights went on in the central control room of Unit 3, but that doesn't mean power had been restored to the cooling system.

THE ASSOCIATED PRESS

Economic crisis

- 1 The crisis continues to batter Japan's economy.
- 2 Three of the country's biggest brands — Toyota Motor Corp., Honda Motor Co. and Sony Corp. — put off a return to normal production owing to shortages of parts and raw materials because of earthquake damage to factories in affected areas.
- 3 The National Police Agency said the number of bodies collected so far stands at 9,099, while 13,786 people have been listed as missing.

Church offers cash giveaway

A U.S. church that gave away \$1,000 to fill more pews last Easter Sunday says it will do it again this year.

Lindenwald Baptist Church in Hamilton, Ohio, draws names to award \$500 each to a member of the congregation and a guest.

THE ASSOCIATED PRESS

German dad convicted of incest

A German truck driver who fathered eight children with his stepdaughter and peddled her body to other men was convicted yesterday of 162 counts of sexual abuse by a judge who called him a "pitiless egoist" and handed down a sentence that could keep the man locked away for life.

Judge Winfried Hetger

gave the 48-year-old man, identified only as Detlef S., a 14-and-a-half-year sentence but ruled that he should remain imprisoned indefinitely because of a high risk that he could offend again if released.

The man was found guilty of abuse that began in 1987 and lasted until 2010 in the village of Fluterschen. It started with the molestation of his stepson and stepdaughter when they were four and six years old, Hetger said. THE ASSOCIATED PRESS

Worn out. Kicks



► Sterling Brinkerhoff, 9, of Benjamin, Utah, poses with his winning pair of rotten sneakers in the annual Odor-Eaters Rotten Sneaker Contest yesterday in Montpelier, Vt.

TOBY TALBOT/THE ASSOCIATED PRESS

Let the smelliest sneaker win

The competitors at the Odor-Eaters Rotten Sneaker contest had their sneakers judged on the condition of the sole, tongue, heel, toe, laces, eyelets and reek.

Middleton to ride to altar in Rolls-Royce

► Prince Charles' press office says the procession will have five horse-drawn carriages

Kate Middleton will be swept off to her April 29 wedding at Westminster Abbey in a distinctive 1997 Rolls-Royce Phantom VI, and will return to Buckingham Palace in a 1902 horse-drawn carriage.

The distinctive claret-and-black Rolls-Royce, which was vandalized in December when Prince Charles and his wife, Camilla, were attacked by student protesters, will have its paintwork and windows repaired by the royal wedding day, officials said yesterday.



► The Glass Coach built in 1881 is the traditional choice of royal brides.

The car was damaged Dec. 9 as a mob protesting

student fee hikes hit the car with sticks and bottles.

"There was paint damage and damage to the glass," said Alex Garty, transport manager at Buckingham Palace. "The repairs are ongoing. We're using that opportunity to give her a 60-minute makeover, so she will look her best for the wedding."

Royal brides have typically arrived for their weddings in special horse-drawn coaches, but Middleton has decided to travel to the church by car.

THE ASSOCIATED PRESS



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A SIMPLE TWIST OF FATE FOR ASSANGE

Just sayin'

PAUL SULLIVAN



It's funny how life works.

For many of us, the idea of "destiny" is quaint, old-fashioned, from a time when the gods could not resist meddling in the lives of individuals.

Now, science has taught us that instead of being predestined by the Fates, stuff just happens. The universe is a cold, random place, and we're just lucky (or unlucky, depending on your point of view) bits of organized carbon.

But if that's the case, what's with Julian Assange and Scandinavia?

Consider the facts. Assange is the founder of WikiLeaks and has upset the global apple cart by leaking scads of U.S. State Department memos setting off

scandals in virtually every world capital.

The lineup of leaders who would cheerfully strangle Assange forms over there on the left, but for some strange reason, his next destination appears to be Sweden, where he faces murky sexual assault charges. "Murky" because there appears to be a strong possibility that the sex in question was consensual and

Assange may be the victim of his own personality, as in he's a cad. Assange is, of course, Australian, which is nowhere near Sweden. And his beef is with the U.S. State Department, which usually has little or nothing

to do with Sweden. Meanwhile, he's holed up in the U.K., trying not to be extradited to Sweden, mainly because he's afraid Sweden will hand him over to the U.S.

"Now, science has taught us that instead of being pre-destined by the Fates, stuff just happens."

Complicated. While he's in the U.K. awaiting the appeal of the Swedish extradition order, he has been nominated for a Nobel Peace Prize. If he wins that, to accept his prize, he will have to go to ... Scandinavia! Oslo, Norway, to be precise, which is right next door to Sweden.

So, in a strange twist of what can only be called fate, Assange could either be incarcerated in Scandinavia as the lowest of the

low, a sex criminal, or exalted in Scandinavia as the highest of the high, a Nobel Peace Prize winner, alongside Mother Teresa and Nelson Mandela.

Either this guy was a salmon in a previous life and is somehow pining for the fjords of his fingerling days, or his ridiculously fascinating life has prompted the gods out of retirement and they have arranged a good old-fashioned Norse saga to rival Beowulf.

After all, Assange is a little like Beowulf, but instead of Grendel, he has the U.S. government by the tail. Don't know about you, but I'd rather take my chances with Grendel.

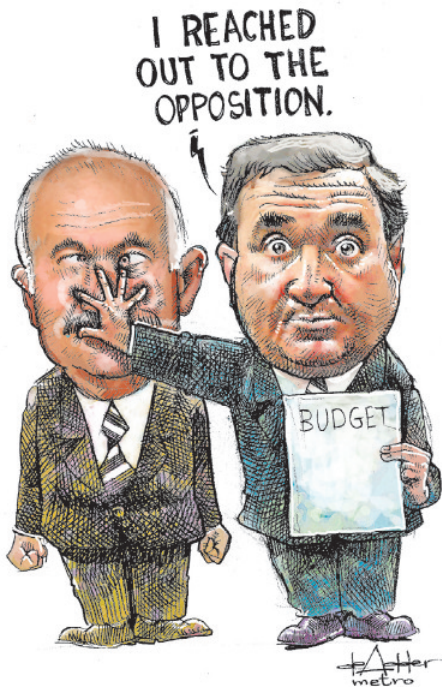


Read more of Paul Sullivan's columns at metronews.ca/justsayin

Cartoon

MICHAEL DE ADLER

Playing the Trump card



Worth mentioning

There's the blowhard billionaire. The "good ole boy" from the Deep South. The ever-maligned former Alaska governor. Another onetime governor whose action-movie-esque promotional ad has spurred guffaws, not respect. And a onetime congressional guiding light whose adulterous past still haunts him.

The Republican race for the 2012 presidential nomination hasn't officially begun yet, but if all the wannabe commanders-in-chief considering taking on U.S. President Barack Obama do throw their hats in the ring, the battle for the White House could be the most entertaining in years.

A recent poll by the Wall Street Journal and NBC

You're ... hired?



THE ASSOCIATED PRESS FILE

suggests Donald Trump — yes, Donald Trump — has a higher approval rating than two of his would-be rivals, Mitt Romney and Tim Pawlenty. Trump, the star of The Apprentice, is pondering a run.

If he does decide to run, Trump could face challengers that rival him in the fame department, including Sarah Palin, the

former Alaska governor who recently told Israel to "stop apologizing" so much, and Newt Gingrich, the onetime speaker of the House of Representatives who hounded former president Bill Clinton about his affair with a White House intern while he himself was involved in an adulterous romance.

THE CANADIAN PRESS

Are U.S. politics more entertaining than Canadian politics? Why?

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Metro Minute at Oxford Theatre

It's time to roll out the red carpet at the Oxford Theatre. The Canadian premiere of the Halifax film *Hobo With A Shotgun* is taking place tonight, with red carpet arrivals set to begin at 6:30.

The invitation-only event will feature film director Jason Eisener in attendance, along with actors like Greg Smith,

Molly Dunsworth, Brian Downey, Rob Wells and Nick Bateman. Premier Darrell Dexter is also attending.

Hobo With A Shotgun is the gory film that is receiving rave reviews, including at its premiere at the 2011 Sundance Film Festival in January. The film opens in theatres across Canada Friday. ● METRO



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► The Oxford Theatre will host the Canadian premiere of Halifax film *Hobo With A Shotgun* tonight.

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Retail sales fall flat

Canadian retail sales fell unexpectedly in January to 0.3 per cent or \$37.1 billion, Statistics Canada said yesterday — much lower than economists' expectations of a one per cent increase. Seven out of 11 sectors reported selling less, but food, building, sporting-goods and department stores reported gains. The auto industry had the greatest impact on overall numbers, with car sales dropping 1.7 per cent. **THE CANADIAN PRESS**

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(+ \$1.20 US)

Big breaks for small business in budget

FRED CHARTRAND/THE CANADIAN PRESS



► A digital meter flashes on at Atomic Energy Canada Limited's plant in Chalk River, Ont. Yesterday's federal budget would give the Crown corporation \$405 million in its 2011-12 fiscal year to help with restructuring.

► Credits would offset employment insurance, cost of new equipment

Small business got a boost in yesterday's federal budget with a break on employment-insurance premiums and an extension of a program to buy new equipment. However, with the combined opposition saying they'll vote down the document, the proposal is moot.

The budget measures are in addition to the billions in corporate tax cuts already announced that Finance Minister Jim Flaherty has defended as a cornerstone of the economic recovery plan.

Small business would receive a credit worth up to \$1,000 to offset increases in employment-insurance premiums. The one-time credit, which would affect about 525,000 small businesses, would offset the increase in premiums this year.

"We will keep taxes low, while taking action to close unfair tax loopholes."

JIM FLAHERTY, FINANCE MINISTER

Flaherty also extended to 2014 a program that allows companies to write off the cost of new equipment in two years, faster than normally allowed.

However, corporate Canada would pay more in some areas. Changes in the way partnerships work that allowed for the deferral of corporate tax, along with changes in the rules governing the way dividends are paid between corporations, would have brought in hundreds of millions of dollars for the government.

THE CANADIAN PRESS



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Fighting the good fight



► Director Zack Snyder

► Zack Snyder, director of *Watchmen* and the new *Sucker Punch*, takes on the studio system with a film based on his own idea ► But it wasn't easy bringing his vision to the big screen



NED EHRBAR
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With *Sucker Punch*, visually inventive director Zack Snyder (300, *Watchmen*) presents his first film based on his own original idea — and original is putting it lightly.

The film follows a group of girls trapped in an insane asylum who use their imaginations to escape their dark reality, transporting themselves to fiery, bullet-ridden battlefields where they dispatch enemies with stunt-filled fury.

But Snyder admits it wasn't easy to bring his vision to the screen. He spoke to Metro about his influences, not going 3-D

and fights with the studio.

You make original movies. Do you ever get much interference from the studio?
Oh yeah. That's the danger. They have preconceived ideas about what a good movie is or what you should be doing, and I think that in the end you really just have to be true to yourself. I feel like this movie pushes the envelope in all of its facets. You know, it's a female cast, it's got a complicated structure that's difficult. It has a dark ending that's not necessarily what they would've hoped for. Trust me, they did not like the ending. You just have to fight the fight.

How does having your wife, Deborah Snyder, as your producing partner help?

Those exact fights are the fights that she has every day to make sure the movie stays the movie I want to make. She really fights that fight.

You made *Sucker Punch* while also completing *Legends of the Guardians*. How did the two differ?

I wish Rango had come out before *Guardians* because when you see Rango you realize that they didn't give a s— about the kids at all and they just made a cool movie.

We had that potential, I think, with *Guardians*, but everyone just said, "No,

no, no, you can't do that. You've got to make a children's film." And so I got into a big fight with the studio because I just wanted to make an adventure movie with owls in it. But they were like, "No, no. You've got to soften it so that parents don't freak out." But I had a great experience with it. It was a good film.

Was there talk about making *Sucker Punch* 3-D?

Yeah, absolutely ... I've seen some great conversion stuff. This Korean company that was going to do it for *Sucker Punch* did a conversion of a five-minute sequence of 300 that was amazing, and I

was like, "Wow. If they can do that level, maybe we can do something cool."

But to do it over the course of a whole movie is just not that easy. It's a bigger deal than the studios realize. And I think that the field is going to be leveled soon by cost versus return.

Because nobody knows. Right now the studios are just spending millions and millions of dollars to make a 3-D movie — like, \$30 million more than it would cost to make a 2-D movie. So eventually someone's got to go, "OK. Is it worth it? Are they getting that money back?" You really start to wonder, is it worth the fuss?



Walk of Fame



Bryan Adams is now enshrined in concrete.

The Canadian singer, songwriter, guitarist, bassist and producer got his Hollywood Walk of Fame star Monday in front of the Musicians Institute.

Adams recalled visiting Hollywood Boulevard at 16 and marveling at the stars. He said he was humbled by seeing his own star.

THE ASSOCIATED PRESS



Ralph Macchio on top, Mike Catherwood finishes last as Dancing begins its 12th season

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Renee got tired of waiting?

► Friends say lack of proposal the reason she broke up with Bradley Cooper

Renee Zellweger and Bradley Cooper's two-year romance may have come to an end because Zellweger got tired of waiting for an engagement ring, sources tell Popeater.

"We all thought for sure they were going to be together forever after they moved in together last fall," a friend of Zellweger says. "But after that she wanted a ring, and he just wasn't ready to propose." Both have been married before, though, and neither ended well. "Renee was ready to give it another try with



► Renee Zellweger

Bradley," the friend says. "She's 41 and has an Oscar. She's starting to



► Bradley Cooper

think about children and settling down."

● METRO

Lohan's mom: 'My children don't steal'

Lindsay Lohan is due in court Friday to enter a plea in her latest court battle, this one over a \$2,500 necklace she allegedly stole — and her mom, Dina Lohan, says Lindsay may plead no contest.

"Obviously she's not pleading guilty. My children don't steal things. But the system is so strange out in Los Angeles. We're considering a couple of options and just



► Lindsay Lohan

want to get this over with in the shortest amount of time," Dina tells the New York Daily News.

But Dina insists, no matter what the plea, her daughter is innocent. "She was clearly loaned the necklace," she says.

"And it should already be down to a misdemeanor because the necklace wasn't worth anywhere near what they claimed."

● METRO

CBS exec wants Sheen back

Charlie Sheen's departure from Two and a Half Men

will be a temporary one, at least if Les Moonves has anything to say about it.

The top CBS executive is reportedly heading up negotiations to get the high-profile star back on the show, according to Radar Online.

"Moonves wants to get the show back on the air. He's all for it," a source says.

"He says certain people need to forget anything and everything Charlie's done recently and just move on with the business at hand."

● METRO

Celebrity tweets



Ryan Seacrest
[@RyanSeacrest]

who saw limitless?? Insanely good movie. Had to add Bradley Cooper into my bromantic circle of guys



Frankie Muniz
[@frankiemuniz]

I just read that Ricki Lake may be coming back with a new talk show in 2012... all I can say is HELL YEAH.



Joel McHale
[@joelmchale]

Me to my 3yr old son, "I love you." My 3yr old's response back to me, "Thank you".



Nathan Fillion
[@NathanFillion]

Where there's smoke, there's fire. (Unless you are using Fireless Smoke.) ● METRO

Posh ponders what to wear

The royal wedding next month reportedly has Victoria Beckham on edge about what to wear to the ceremony, according to her husband, David Beckham. "Victoria is obviously a little bit worried because she'll be a few more months pregnant by then," David says, according to Hollyscoop. ● METRO

Is Sean Penn seeing Scarlett?

Sean Penn's rumored romance with Scarlett Johansson appears to be heating up, as the couple were spotted out again, this time at a dinner with friends in West Hollywood, according to People magazine. "They were smiles all night and seemed to have a great time

together. Scarlett and Sean sat very closely and exchanged flirty looks," a source says. "Scarlett acted very intrigued by him. She would smile, nod her head and just listen to his stories."



Scarlett Johansson

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- 5 Jessie J ft B.o.B - Price Tag
- 4 Katy Perry ft Kanye West - E.T.
- 3 Ke\$ha - Blow
- 2 Lady Gaga - Born This Way
- 1 Classified - That Ain't Classy

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▶ A display inside the Saskatchewan Sports Hall of Fame and Museum in Regina, Sask. Regina will host the 2011 world men's curling championship next month and will welcome the world's top male curlers, as well as their fans, who will visit the city during the event, which takes place April 2 to 10.

Hurry hard to curling worlds in Regina

► Organizers expect a loud crowd at the men's world curling championship in Saskatchewan ► Go support Canada's team skipped by Jeff Stoughton

Saskatchewan is about to be swept away by curling and is ready to welcome those who want to ride the broom.

Regina will host the 2011 world men's curling championship next month and is expecting thousands of fans along with the world's top male curlers, their families, officials, coaches and media. Derek Boe, chairman of the local organizing committee, says curling fans traditionally have been a quiet crowd but that's changing.

"Kind of what we no-

ticed happening, mostly at Olympics this year out in Vancouver, was that things got rocking and rolling pretty good and the curlers loved it," said Boe, president of Curl Regina. "It is becoming a bit more of a raucous crowd and more enthusiastic and more lively and spirited."

Boe also notes that curling is Saskatchewan's official sport. There's no better place for visitors to brush up on curling lore than the Saskatchewan Sports of Hall of Fame and Museum in Regina.

"You've got lots of big names from Saskatchewan curling and they're all represented with their team," says Sheila Kelly, the hall's executive director.

Among those honoured in the hall is Regina's Ernie Richardson — the only male curler in history to skip a team to four world titles.

There are medals and memorabilia from Sandra Schmirler. "Schmirler the Curler," as she was known, skipped her team to three Canadian titles, three world titles and a gold medal at

the 1998 Winter Olympics. She died of cancer in 2000.

And then there's the Grand Transoceanic Match — a funspiel for spectators that started in the '70s as a way for curling fans to get to know each other on the ice.

"They're just amateurs that enjoy curling," said Boe. "They've just kind of established this tradition of going and attending the World Championships and said 'Jeez, wouldn't it be fun if while we were there we staged a little match.'"

THE CANADIAN PRESS

If you go ...

► **Worlds.** The 2011 Ford World Men's Curling Championship will be held at Evraz Place. Ticket and draw schedule information can be found at curling.ca/championships/worlds.

► **Hall of Fame.** The Saskatchewan Sports of Hall of Fame and Museum is located at 2205 Victoria Ave. Admission is free. More information can be found at sshfm.com

► **Funspiel.** The Grand Transoceanic Match will be held April 8 at the Caledonian Curling Club, known locally as the Callie.

3

life

Travel in brief



Via Rail is adding two sites to its Garden Route for 2011: Ottawa's Central Experimental Farm and the Annapolis Royal Historic Gardens in Nova Scotia.

Now in its sixth year, the Garden Route promotes major horticultural attractions across the country.

There are a total of 19 gardens on the route, from Butchart Gardens near Victoria, B.C., to Halifax Public Gardens in Nova Scotia.

Trains on the route include Montreal-Halifax, Quebec City-Windsor, Toronto-Niagara Falls and Toronto-Vancouver.

THE CANADIAN PRESS



Tour of Shanghai's Jewish history tells story of WWII refugees, crowded ghetto

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A whole lotta L.A. ...



SASHA PERL-RAVER
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METRO WORLD NEWS IN LOS ANGELES

Los Angeles is in the middle of an amazing cultural renaissance. It's a bit like San Francisco and New York combined, with a mix of art, food and culture that isn't as shallow as its reputation.

One of the things I love most about living in Los Angeles is that you can go to the beach in the middle

of February, which makes everyone outside the city super jealous.

When the sun rises, it scrubs the sky and you can see both the ocean and the snow-capped mountains, which are only about 30 minutes away by car.

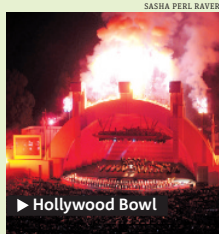
It really is an iconic and beautiful place.



For more information check discoverlosangeles.com

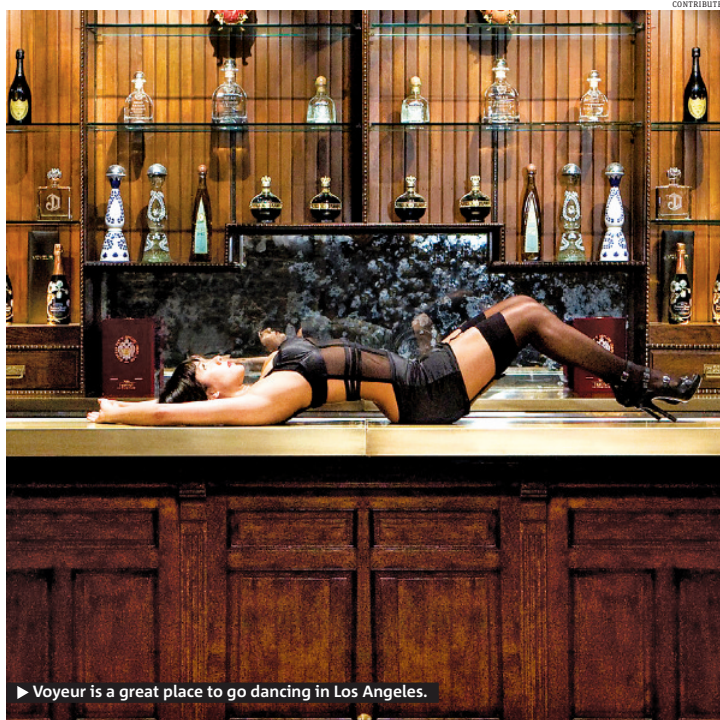
First time?

Go to Santa Monica. It's touristy but so Baywatch it's awesome. Rent bikes and ride along the beach. Annenburg Beach House is a free beach resort where you can reserve a spot on the day and only pay a small parking fee. Have lunch at the Café at the Getty Villa. The best outdoor music venue is the Hollywood Bowl, where people bring food



► Hollywood Bowl

and wine and enjoy being under the stars. And if you have time, go to a Dodger's baseball game.



► Voyeur is a great place to go dancing in Los Angeles.

Go out

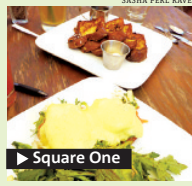
Las Perlas does incredible margaritas. They are almost like a meal and you can get very tipsy on just one. The bar staff here is super cute.

I love Voyeur for dancing. Some of the dancers are topless; others dangle from nets and some dance in glass boxes. It's not a strip club. The whole act is based on the 1930s.

The masks and top hats feel very Madonna circa her Express Yourself days.

Eat

Best fish taco in Ensenada is a tiny little fish taco stand — and you can only get fish (\$1.50) and shrimp (\$2) filling but it's like going to Mexico and back. Brunch is something that is taken very seriously in L.A. You can only have brunch or lunch at Square One, as it closes at three.



► Square One



► Chateau Marmont

Been there before?

Chateau Marmont is great, although it's more sceny than it used to be. It's now known for Lindsay Lohan but back in the day, this was where Greta Garbo lived and Jim Belushi died. Sit in the garden and order sticky

toffee pudding and a pot of mint tea. It's got this incredible old-Hollywood glamour feel and you always see someone famous here, hence the strict no camera rule.

It's a running joke in L.A. but everyone goes to the "night club of exercise" the Runyon Canyon. It's a three-mile hike into one of the

grand canyons and people treat it like the running runway. I would also go to Griffith Park, L.A.'s answer to Central Park, just way cheesier. They have free yoga classes three times a day and an amazing observatory where you can look through the telescope and see incredible views of L.A.

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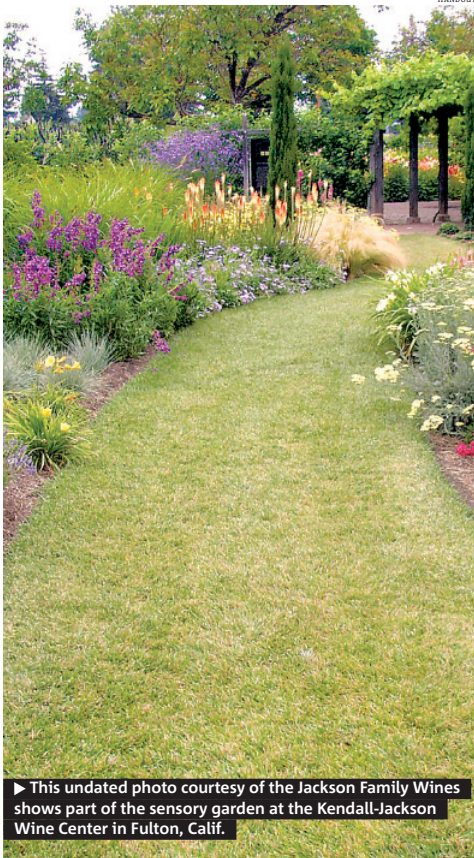
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► This undated photo courtesy of the Jackson Family Wines shows part of the sensory garden at the Kendall-Jackson Wine Center in Fulton, Calif.

Explore with all of your senses in Sonoma County

► California “scratch-and-sniff gardens” mix wines with nature ► Aroma and flavours matched in the sensory gardens ► An experience for your nose

Imagine a garden where melons, peaches, apples, lemons, pears and gardenias bloom. Then imagine holding all that in a glass.

That's the theory behind wine sensory gardens, featuring plants commonly smelled and tasted in wine.

Take a stroll through the neatly laid out cabernet-merlot corner of the red wine garden at the Kendall-Jackson Wine Center in Sonoma County and you encounter things you expect to find, like black cherry and black currant. And there are a few you might not expect, like oregano and bell pepper, which also can be picked up in some reds. It's a wine and noses experience.

“We call this our scratch-and-sniff garden,” says Matthew Lowe, a chef at Kendall-Jackson Wine Es-

tates who has been involved with the gardens for a decade.

In each garden there are four quadrants representing different wines, and in the middle of the garden is a section of things that pair well with wines, for example sweet onions and sweet peppers with sauvignon blanc. The idea is to correlate the scent of a flower or tang of a berry with what you experience in the tasting room.

Frey Vineyards was a pioneer as a purely organic winery, and the family planted sensory gardens “because we are a bunch of gardeners who also happen to make wine,” says Frey. “Gardening is our relaxation and hobby. And (it brings) beneficial insects into our vineyards, and so it helps with our natural con-

trol of pests.”

At Round Pond Estate in the Napa Valley, sensory gardens are curated by Jeff Dawson, who came up with the idea some years ago after encountering the “Aroma Wheel” developed by Ann Noble, a University of California, Davis, professor. It identifies aromas in

wine.

He helped get the gardens at Kendall-Jackson going, and six years ago moved to Round Pond, which has two gardens: sauvignon blanc and cabernet sauvignon — the two major varietals grown there.

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Do you know the muffin woman?

► Metro's food columnist, Emily Richards, shares two very different muffin recipes ► Serve one at breakfast and the other as a dinner side

THE CANADIAN PRESS/HO/ CALIFORNIA ALMONDS



► You can omit lemon juice and milk and substitute with 1/4 cup (50 mL) buttermilk.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



These scrumptious Double Almond and Chocolate Muffins are packed with essential nutrients to help jump-start your children's day.

Whip up a batch for breakfast or to tuck into lunch bags.

With a hint of banana flavour, they're also perfect with an afternoon cup of tea.

Up the almond ante by spreading almond butter on a freshly baked muffin.

Preparation:

- 1 In large bowl, combine lemon juice and milk; set aside.
- 2 In another bowl, whisk together pastry and almond flour, baking powder and soda, salt and cinnamon; set aside.
- 3 Using electric mixer beat in sugar, egg whites, oil and whole egg to milk mixture; beat at high speed until well blended. Add banana, water and vanilla; beat at low speed until combined. With mixer on low speed, slowly add flour mixture to banana mixture until just combined.

- 4 Spray muffin tins with cooking spray and spoon batter into cups. Sprinkle almonds and chocolate chips, if using, over muffins. Bake in 350 F (180 C) oven for 20 minutes or until tester inserted comes out clean. Let muffins cool in pan for 10 minutes,

then gently remove from pan and cool. **THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA**

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

Ingredients:

- 1/4 tsp (1 mL) lemon juice
- 1/4 cup (50 mL) low-fat or skim milk
- 1 1/4 cups (300 mL) whole-wheat pastry flour
- 1/2 cup (125 mL) almond flour (ground almonds)
- 1 1/2 tsp (7 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) each salt and ground cinnamon
- 2/3 cup (150 mL) granulated sugar
- 2 egg whites
- 1/4 cup (50 mL) canola oil
- 1 egg
- 1 cup (250 mL) mashed banana (about 3 medium)
- 1/3 cup (75 mL) water
- 1/2 tsp (2 mL) vanilla extract
- 1/4 cup (50 mL) sliced almonds
- 1/2 cup (125 mL) chocolate chips (optional)

Broccoli and Cheddar Muffins

These savoury Roasted Broccoli and Cheddar Muffins are the perfect combination of broccoli and cheese to serve as a dinner side dish.

tender crisp. Let cool completely. Chop broccoli and set aside.

- 2 Meanwhile, whisk together flour, cornmeal, baking powder, baking soda, salt and chili powder.

Preparation:

- 1 **Roasted Broccoli:** In bowl, toss broccoli florets with oil, salt and pepper. Spread onto parchment paper lined baking sheet or pan. Roast in 400°F (200°C) oven for about 20 minutes or until golden and

- 3 In another bowl, whisk milk, egg and butter. Pour over flour mixt and stir until combined. Add cheese and roasted broccoli. Stir until distributed evenly.

Ingredients:

- 1 cup (250 mL) all-purpose flour
- 1/2 cup (125 mL) cornmeal
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) chili powder
- 1 cup (250 mL) milk
- 1 egg
- 2 tbsp (25 mL) butter, melted
- 1/2 cup (125 mL) shredded Old Cheddar cheese
- 1 1/2 cups (375 mL) broccoli florets
- 2 tsp (10 mL) olive oil
- Pinch salt and pepper

Roasted Broccoli

- 1 1/2 cups (375 mL) broccoli florets
- 2 tsp (10 mL) olive oil
- Pinch salt and pepper

light golden. Let cool in pan on cooling rack. Serve warm or room temperature.

EMILY RICHARDS

NOT WELL? MAKE YOUR NEEDS KNOWN

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Employees dismissed for underperformance never go quietly. Often they complain that the cards were stacked against them or that their employer's decision was somehow unfair. But what about an employee who claims he was fired because of discrimination?

Sean Carter tried this card at a recent human rights hearing and learned that proving discrimination is more difficult than he thought.

Carter, a program coordinator at a rehab clinic in Hamilton, Ontario, was injured in a car accident that led to time off from work.

When he returned, Carter felt that he was treated differently at work, claiming that he was disciplined more often and his views were dismissed.

Carter then suffered from stress and depression, which he said resulted from workload and family deaths. His performance deteriorated, and when the clinic tried to manage it, Carter left.

He wrote in cryptically that he was going to see his doctor "for some results" and would be off work for a few weeks. Five days later, he was fired.

Carter complained to the Human Rights Tribunal in Ontario, perhaps



▶ Failing to clarify your needs to an employer during an illness could lead to complex legal situations should you feel discriminated against after the fact.

Canada's most employee-friendly administrative body.

However, instead of finding that Carter was fired for his disability, the Tribunal found that he did not even have one. This is because Carter failed to

show that he even disclosed a medical condition or any medically-related needs to his employer.

Therefore, the Tribunal wrote, Carter's employer had no obligation to accommodate him and his termination was unrelated

to his request for medical leave.

Not every claim for sick leave leads to a "disability" that must be accommodated.

Too many employers accept cryptic doctor's notes without scrutiny and too many employees fail to properly clarify their medical

Taking time off

If you are sick at work or employ someone who is, consider these steps:

- ▶ Provide or request written medical authentication of an illness from a treating physician and ensure that the report is comprehensive.
- ▶ Meet and discuss accommodation. Employees don't need to disclose their condition, just the fact they have one and need assistance from their employer to remain productive.
- ▶ Request or provide modified work. Most jobs can be performed, despite an illness or disability, with reasonable adaptations.

ical needs. Most of the time, both employers and employees are just ignorant of the law.

Digital generation includes old souls

▶ Young people peeking into the past with vinyl

In most ways, Sarah McCarthy is your average high schooler. She has a job, college plans, but also a peculiar passion for a 16-year-old: She's a vinyl junkie.

Sure, she has an iPod, but she also has a vinyl collection of 250 records and counting.

"Listening to old music remastered to a newer format is almost comical," Sarah said. "They weren't meant to be digitalized. Listening to Jimi Hendrix on my iPod doesn't capture his endlessly deep guitar solos quite like a 33 LP of 'Blues' does."

This girl's in love with vinyl, and she's not the only member of Generation Digital with an ear for analogue.

The uptick in interest over several years includes nostalgic "nerdy superfans" looking for a way around the more sanitized sound of digital. 14-year-old Nick Spates, a Los Angeles eighth grader who plays guitar and



▶ Sarah McCarthy, right, and her boyfriend Jack Carroll rummage through records in Maryland.

piano, but also savvy young people with Pink Floyd, Led Zeppelin and a host of obscure post-punk music on their minds.

While the recording industry dukes it out over downloads and mourns the CD, 2.5 million vinyl LPs were sold in 2009, up 33 per cent from the year before. Vinyl sales are a blip among total revenue from U.S. music sales and licensing, but that's a healthy increase in

its own right.

"Young people are leading the way back to analogue through vinyl and turntables," said Matt Melvin, a 22-year-old college senior in Orlando, Fla.

"I think young people are demanding a product that is more tangible, the thrill of hunting through a store for that perfect record, the simple satisfaction of turning that record over." THE ASSOCIATED PRESS

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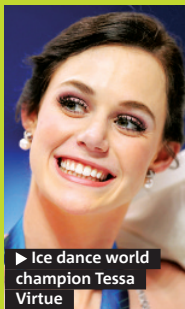
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► Ice dance world champion Tessa Virtue

Trade Centre Ltd. has made an "initial inquiry" about the possibility of bringing this year's world figure skating championships to the Metro Centre, a TCL spokesperson said yesterday. The event was scheduled to have started Monday in Tokyo, but is looking for a new home because of the earthquake and tsunami in Japan.

Handful of Herd heading home

There were more than a few Halifax Mooseheads quietly hoping for a first-round playoff matchup with the Montreal Juniors.

Not only are there 11 players from Quebec on the Mooseheads roster, four of them are from Montreal. Returning home to play at Verdun Auditorium will be a big thrill.

"It's going to be very exciting to play in front of our

families and our buddies and we're going to give it all we've got," said rookie right-winger Alex Souigny. "It's going to be a little boost for us."

Souigny and fellow rookie forwards Matthew Boudreau and Luca Ciampini, who is currently injured, are all from Montreal, as is third-year winger Gabriel Desjardins.

Game 1 of the best-of-

seven series starts tomorrow at 8:05 p.m.

"When you go back to your hometown, you want to show everybody you can play against those guys," said Mooseheads goalie Frederic Piche, who is from the Gatineau, Que., area. "It doesn't matter if they're second and we're 15th, we just want to show everybody we can beat these guys." **MATTHEW WUEST**



► Mooseheads forward Matthew Boudreau.

Young Moose step into playoff cooker

- Underdog Mooseheads as green as they come
- Team faces experienced powerhouse Juniors



► Defenceman Trey Lewis is one of 10 rookies on the Mooseheads roster.



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads' kids are getting thrown in to the fire.

The Mooseheads, back in the QMJHL playoffs after a painful three-year absence, have a league-high 20 players eligible to make their post-season debuts when the first round opens tomorrow at 8:05 p.m. on the road against the heavily favoured Montreal Juniors.

"They've played in the midget AAA playoffs, but it's a huge step to major junior," said Mooseheads goalie Frederic Piche, who went to the semifinals with the Drummondville Voltigeurs last season.

"Every little problem that you have outside of the rink, you have to put it away for the next couple of

"For the last couple of weeks, those (veteran) guys started talking about playoffs with us ... They've helped us a lot."

**MOOSEHEADS ROOKIE
RIGHT-WINGER ALEX SOULIGNY**

months. All you can think about is hockey."

Piche, who was a back-up with the Voltigeurs and has appeared in two post-season games, will be called upon to provide leadership along with defenceman Pascal Amyot (14 games) and captain Travis Randell (eight games).

Randell, the only returnee from the Herd's 2008 playoff run, said the young team needs to recognize that consistent work ethic and physical play are

an "investment" in a best-of-seven series.

"That's the message we have to get across to the young guys, that in a playoff series you have to finish your checks night-in, night-out," said the Twillingate, N.L., native. "It takes its toll. It all adds up."

The Mooseheads have 17 players aged 18 and younger, compared to 16 players on the Juniors aged 19 and older. The two teams couldn't be more different in that regard.

"Hopefully the guys who have never played a playoff game before will enjoy the excitement out of it," said Mooseheads head coach Bobby Smith. "We shouldn't feel too much pressure. Montreal is a team with 13 19-year-olds. These guys have built this team for this year, and we should be able to enjoy it."



Rick Howe
Weekdays
3 pm - 7 pm

Great talk

No matter which way you lean

News 95.7

News.Talk.Sports.



Jordi Morgan
Weekdays
9 am - 12 pm

Getting down to the wire

► There was lots of NHL action last night, as teams battled to their secure post-season spots



► Islanders goalie Al Montoya keeps his eyes on the puck last night.



► Canadiens goalie Carey Price checks the replay on a goal by Buffalo in Montreal.



► Philadelphia's Kris Versteeg is sent flying after colliding with Washington's Scott Hannan.



► The dejected Devils file off the ice after losing to the Boston.



► James Reimer and Luke Schenn search for the puck against Minnesota.

Pressure cooker

As the playoffs near, here's a look at how the race is shaping up after last night.

- **Islanders 5 Lightning 2** Al Montoya made 36 saves, helping the New York Islanders to a 5-2 victory over the Lightning as Tampa Bay failed to make up ground on the Washington Capitals for the Southeast division lead.
- **Sabres 2 Canadiens 0** Nathan Gerbe scored two goals and Ryan Miller made 31 saves for his fourth shutout of the season as the Buffalo Sabres defeated the Montreal Canadiens 2-0. It was a third straight game with at least a point for Buffalo, which maintained its three-point advantage on Carolina for the eighth and final playoff spot in the Eastern Conference.
- **Capitals 5 Flyers 4 (SO)** Alexander Semin's shootout goal lifted the Washington Capitals to a 5-4 victory over the Philadelphia Flyers and pulled them within one point of first place in the East.
- **Bruins 4 Devils 1** Zdeno Chara broke a tie midway through the second period and Milan Lucic scored his 30th goal of the season late in the third as the Boston Bruins beat the New Jersey Devils 4-1. The Devils, who committed one penalty in their previous two games, were called for five in the first two periods, and the Bruins' struggling power-play unit finally came through.
- **Leafs 3 Wild 0** Rookie goaltender James Reimer made 29 saves for his third career shutout as the Toronto Maple Leafs beat Minnesota 3-0, stretching the Wild's winless streak to seven games. Reimer won his third straight start, improving to 7-0-1 in his last eight road games and helping Toronto keep pace in the Eastern Conference playoff chase. With Carolina and Buffalo both winners last night, the Leafs failed to make up ground on the teams ahead of them and sit five points out of a playoff spot.

THE CANADIAN PRESS/
THE ASSOCIATED PRESS

5 drive

By comparison

Audi TTS roadster

Base price: \$54,500
Four-wheel-drive soft-top sticks to four-cylinder turbo engine choices.



BMW Z4

Base price: \$55,000
Recent facelift has this "Bimmer" looking and acting better than ever.



Infiniti G37

Base price: \$60,200
Two + two folding hardtop model comes with 325-hp V6 plus plenty of extras.



WHEELBASE MEDIA



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Engine

The starting-point engine is a V6, but it will initially be the 302-horsepower 3.5-litre unit for the SLK 350. Mercedes-Benz reports that the V6 SLK will sprint to 96 km/h in 5.6 seconds.

Later in the model year — likely early 2012 — a new base-model SLK250 is expected, sporting a 201-horsepower turbocharged 1.8-litre four-cylinder engine that replaces the outgoing 228-horsepower 3.0-litre V6.

Magic Sky Control

The SLK's signature lightweight power-retractable hardtop returns for the 2012 model year, but you can now opt for a panoramic glass roof that can be ordered with "Magic Sky Control."

With the press of a button, the glass can be changed from a dark tint to clear, depending on the time of day or to suit your personal preference.

Spruced-up interior

Coming in for some sprucing up is the SLK's interior that showcases a new flat-bottom steering wheel, plenty of brushed aluminum trim on the centre console, plus four oversized chromed air vents that don't quite seem to fit with the car's otherwise restrained cabin design.

Optional are special leather coverings that keep the seats cooler by reflecting the sun's rays.



BASE PRICE:
\$60,000

► It's the least expensive Mercedes-Benz convertible, but do you really need much more than the SLK to make a statement while enjoying the open air?

Feel good and look good in this drop-top



MALCOLM GUNN
DRIVE@METRONWS.CA
WHEELBASE MEDIA

With 110 years of sports-car history in its back pocket, Mercedes-Benz has learned a thing or two about what makes these cars and their proud owners tick.

And this vast experience is packed into the 2012 SLK roadster that's due to arrive this summer.

Style and substance are necessary ingredients for any sports car, but, for Mercedes-Benz, how the vehicle makes you feel and how others see you behind the wheel are perhaps treated with equal importance.

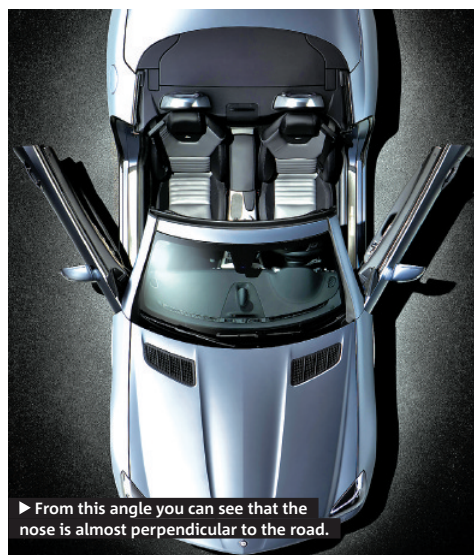
SLK customers will likely feel and look particularly good with this third-generation drop-topper. As well, anyone approaching the SLK from afar will instantly notice the dominating three-pointed star affixed to

the grille. In fact, they might even mistake the SLK for the similar-looking SL or even the SLS AMG relations that cost considerably more.

The king-size Mercedes-Benz logo is part of a larger and more upright grille, one-piece lower air intake and enlarged all-LED (Light Emitting Diode) headlamps that provides the illusion that the SLK is much lower and wider than its predecessor.

There's no word yet regarding the return of a high-performance AMG version, so for now the fuel-sipping four-cylinder and more mainstream V6 will have to do.

However, for SLK drivers it's how you arrive that's just as important as how rapidly you arrive. Either way, you're practically guaranteed to get there with a smile.



► From this angle you can see that the nose is almost perpendicular to the road.



► A rear view of the SLK.

SLK-Class



What you should know about the 2012 Mercedes-Benz SLK-Class:

- **Type:** Two-door luxury hardtop convertible.
- **Engine (hp):** 1.8-litre DOHC I4, turbocharged (201); 3.5-litre DOHC V6 (302)
- **Transmission:** Six-speed manual (std., 1.8), Seven-speed automatic (opt. with 1.8, std. with 3.5).
- **Market Position:** The SLK is the starting point in a trio of impressive sports cars that tops out with the \$200,000 SLS AMG.
- **Points:** Front-end styling is more aggressive and luxurious; Trick day/night sunroof will be popular option.
- **Stats:** L/100 km (city/hwy) 11.6/8.0 (3.5, est.)

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2011 Jeep Wrangler Unlimited Sahara in Deep Cherry Red with optional body colour hard top shown.⁵



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2011 Jeep Grand Cherokee Overland in White Gold shown.

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2011 Jeep Compass Sport 4x2 in Deep Cherry Red shown.



Jeep.ca/Offers

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Wise customers read the fine print. *††. The Jeep 70th Anniversary Event offers apply to retail deliveries of selected new and unused models purchased from participating retailers between March 1, 2011 and March 31, 2011. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. *\$17,995 Purchase Price applies to 2011 Jeep Wrangler Sport 4x4 (238) only and includes \$3,250 Consumer Cash. See participating retailers for complete details. Pricing excludes freight (\$1,400), license, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ††Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ††Customer Choice Financing for 36, 48, 60 and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on most new 2010 Chrysler, Jeep, Dodge and Ram models (except Grand Caravan (Van and Ram Chassis Cab) and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts. (Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.) Vehicles are financed over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a \$199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Examples: 2011 Jeep Grand Cherokee Laredo (3RE/2011 Jeep Compass North Edition 44 (226+AL3) with a Purchase Price of \$36,995/\$23,995 financed at 1.99%/4.99% APR over 60/60 months with payment amortized over 60/60 months equals 130 bi-weekly payments of \$222/\$154 and one final payment of \$10,165/\$8,123 for a cost of borrowing of \$2,370/\$4,122 and a total obligation of \$38,965/\$26,116/22. Freight \$5,100/1, taxes, license, insurance, registration, excess mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. ††2011 Jeep Wrangler Unlimited Sahara in Deep Cherry Red with optional body colour hard top shown has a higher price than the 2011 Jeep Wrangler Sport 4x4 advertised. See your retailer or go to www.jeep.ca for complete details. The Best Buy Seal is a registered trademark of Consumer Digest Communications LLC. Used under license. *SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. *Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

TWO AND A HALF CANADIAN SUPERCARS

Auto Pilot

MIKE GOETZ

DRIVE@METRONews.ca



You're shopping for a mid-engine supercar with carbon-fibre construction and at least 750 horsepower — and it must be designed and built in Canada. How many options do you have?

Would you believe, "two and a half?" Do you not find that weird? Weird that the answer is not zero ... Weird that Charlie Sheen keeps cropping up no matter what you start talking about.

One of the cars on the list is the Plethore LC-750 designed and built in St-Eustache, Que. We've been aware of the LC-750 for some time (and spoken about it in this space before), because the man behind the car, Luc Chartrand, started working on this car about 10 years ago.

It has been making the rounds of Canadian auto shows this season, in production-ready trim,

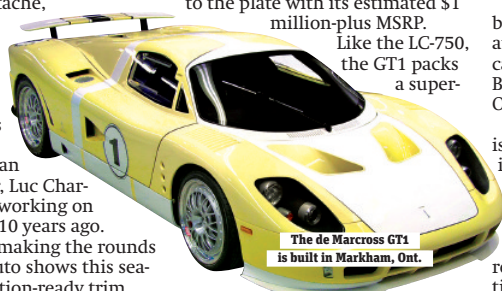
and the company is now in a position to start delivering examples — at \$450,000 each.

So that's option "one." Option "two" is the de Marcross GT1. The de Marcross Motors Corporation (DMMC) was founded by Jahong Hur, a successful Korean businessman with family ties to GS Group, one of Korea's largest conglomerates. DMMC, with administrative offices in Vancouver, intends to build several de Marcross models, in addition to this just-introduced GT1 flagship.

Hur styled, conceived and bankrolled the car, but it was engineered and built by Multimatic, of Markham, Ont.

Multimatic also created production tooling, so it can build more GT1s — if anyone steps up to the plate with its estimated \$1 million-plus MSRP.

Like the LC-750, the GT1 packs a super-



The de Marcross GT1 is built in Markham, Ont.



The HTT Plethore LC-750 is made in St-Eustache, Que.

charged V8. The GT1's chassis tub is carbon fibre, but its body panels, and front and rear substructures are aluminum (the LC-750 is all carbon fibre and/or composite material).

Multimatic engineers and builds auto parts; its list of automaker clients includes practically everybody — from Ford to BMW to Aston Martin to Formula One racing teams.

Which brings us to why there is a "half" option, when considering Canadian-made carbon-fibre supercars.

In conjunction with its U.K. engineering facility, Multimatic has engineered the complete rolling chassis of the Aston Martin One-77 — a super-exclusive \$2

million supercar (only 77 will be built).

Multimatic also constructs the One-77's state-of-the-art carbon fibre chassis structure right at its Markham, Ont. facility.

We had a quick tour of where the Aston tubs are built up and it looks more like a fabric enterprise than a typical body shop, as technicians cut and layer the raw sheets of carbon fibre. We also saw the big oven, where finished tubs are baked to perfection.

So take that, Tim Hortons. You may bake more units than Plethora and Multimatic, but these guys have it all over you when it comes to high tech and structural stiffness.

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The Honourable Mayann E. Francis, Lieutenant Governor of Nova Scotia, is pleased to announce the recipients of the 2011 Lieutenant Governor's Community Spirit Award.

Congratulations to **Berwick & Surrounding Communities; East River Valley, Pictou County; St. Ann's Bay/North Shore, Cape Breton; and Woodville, Kings County.**

They were selected from 10 nominations, all of which showed a high degree of community collaboration and strength.

Her Honour will present the winning communities their awards at separate celebrations to be held later this year in their home communities.

For more details go to www.communityspiritaward.ca



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A red Ford Escape is shown from a front-three-quarter view, driving on a light-colored road. The car is positioned in the center-right of the frame. In the background, there is a stylized city skyline with various blue and grey buildings under a clear blue sky. The car's headlights are on, and the Ford logo is visible on the grille. The word "ESCAPE" is embossed on the front bumper.

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Spring survival kit for hitting the open road

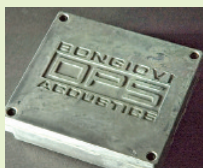
► If you're heading for the road, you need to be prepared ► 11 products to make the most of your spring adventures



MIKE
GOETZ

DRIVE@METRONEWS.CA

You never know when you'll need to break out the short sleeve shirts, sunglasses and sunscreen and head out for a road trip! Here are some new and interesting products for your spring survival kit.



Re-mastered sound

As a record producer, Tony Bongiovi supplied his services to many flamboyant clients. Now add Toyota to the list. The Bongiovi Acoustics Digital Power Stations (DPS) is the world's first 100 per cent digital sound processor certified for automotive use. Right now it is only available for 2010 and 2011 Toyota vehicles. Prices start at \$280, not including installation.



Running on empty?

Get a GasBuddy App for your phone (Android, iPhone or Windows), and find the cheapest gas on the go — right across North America. GasBuddy.com gathers prices via a network of volunteer gas price spotters in each area. gasbuddy.com.



Fuel saving tires

Gas prices getting you down? The dB Super E-spec from Yokohama is designed to replace the super fuel-efficient tires on hybrid models, but will also work on other vehicles. Not only do these tires net more clicks per litre, but they are manufactured with more organic compounds. See yokohama.ca for a list of Canadian dealers.



See... fabulous!

ZZ Top thinks cheap sunglasses are the bomb, but anyone who drives a lot needs sunglasses made specifically for the job. Serengeti Martinio with Driver Gradient lenses are darker at the top and lighter at the bottom. The premium glass lenses shade harsh light from above while providing a clear view of the dashboard below. Available where sunglasses are sold including Sunglass Hut.



Hard-core off-road trailers

Your Jeep can make it there, but can your camping trailer? It can if it's one of the new trailers made specifically for the hard-core off-road enthusiast. This Jeep Extreme Trail Edition features a heavier frame, 35-inch off-road tires, 15-inches of ground clearance, full underbody skid plate, and 360-degree axis pintle hitch. Contact your local Jeep dealership for more information.



Porsche... makes it good!

If the new Porsche Panamera Turbo is too rich for your blood, consider the Porsche Panamera Turbo Chronograph watch for only \$935. Only 1,000 of these limited-edition pieces will be offered. If you think your significant other might nix the deal, consider placing them with the official Porsche Motorsport Bear (\$90).



Cool cleaning products

Spring cleaning time! Get your vehicle shining inside and out — including the tires — with new products from Mothers. Mothers California Gold Carnauba Wash & Wax gets your vehicle shining and pumps up the "bead factor" between "regular" wax treatments. Available at Canadian Tire stores.



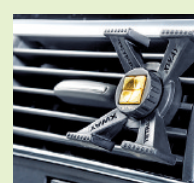
Navigation

Why rely on that unbalanced person riding shotgun for directions when modern navigations systems are more affordable and easier to use? This Garmin Nuvi 1490T features a five-inch display, Bluetooth, lifetime traffic updates, lane assist with junction view, and more. Available at Canadian Tire stores.



Pack more

The Thule Quest Cargo Bag is an expensive and simple way to quickly expand your luggage capacity. It holds 13 cubic feet of gear, up to a total of 100 pounds. Works with various roof racks, and is built to take the pounding of car-top life. Available at Canadian Tire stores.



Hold on!

The Textrax GPS Mount secures your GPS unit, or other mobile device, to a vent in your vehicle's dashboard, using a unique grabbing method — and magnets. No suction cups rings on your windshield! Keep sight lines clear too. Made in Italy. Available at Canadian Tire stores.



Sound appeal

JVC's new "Double Din" auto stereo, fills up two "dins" (or component slots) in your console, to offer that sleek look of factory-installed stereos units. The bigger size makes it easier to navigate as well. Also includes a remote, and all the connectivity you need. Available at Canadian Tire stores.

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► The open road beckons... is your ride ready, or still a couch potato? ► Our tune-up checklist will help make sure



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DRIVE@METRONews.CA

Canadian drivers log many more kilometres during warmer weather, for obvi-

ous reasons. We love the snow-clear roads. We head out on vacations. We are finally able to indulge in our primal urge to cruise around town with all the windows down blasting

our favourite tunes.

But is your vehicle up for these spring and summer responsibilities? Or is it, here comes the sun, there goes my car at the end of a tow truck?

Stay tow-truck free this season with our spring tune-up check-list, which we've honed from our years behind the service desk and from accepted industry guidelines.

Inspect, Inspect and Inspect — If your vehicle doesn't get into the shop too often, spring is a great time to do one of the two general inspections you should do each year. Only when the vehicle is up on a hoist can you spot things like broken muffler clamps, rust, slow fluid leaks, and torn CV boots. Rubber CV boots keep lubricant from escaping on the drive-axle bits on front drive vehicles. They last years, but can also easily tear if you just happen to drive over an icy snow bank the wrong way. CV boots are relatively cheap, drive axles are not.

Fluids and Filters — Your vehicle is built to last, but fluids and filters are

built to be replaced. They sacrifice themselves in the name of lubricity and cleanliness. Engine oil also holds dirt in suspension, so it doesn't stay in the en-

gine. But it can only hold so much dirt, and only for so long, before it says "uncle."

So make sure fluids are topped up and/or fresh.

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► Low maintenance doesn't mean no maintenance. The main drive belt, spark plugs and ignition wires are now good for very long stretches — but they certainly require a periodic look to be sure o.

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READY FOR ACTION

Same with filters. And if you don't think filters are crucial to the survival of a collective, think of that social filter you use at family gatherings. (Check out our sidebar for approximate and general guidelines for

when filters and fluids could need replacing.)

Belts, Hoses and Ignition Bits — A few decades back these items had to be replaced frequently. The automakers have now made them "low maintenance"

items. But remember that "low maintenance" doesn't mean "no maintenance." The main drive belt, spark plugs and ignition wires are now good for very long stretches — but they certainly require a periodic "look see"

to confirm their "OK" status.

Air Conditioning Refrigerant — Unlike your home fridge, your car's refrigerant plumbing gets shook around a bunch and operates in a very stressful environment (under the

hood). At some point it will need attention and more refrigerant. If your system blows cold, you're good. If it blows warm, or warmer, you probably have a leak. If it's a very tiny leak, you could get by with a refrigerant "top up." A larger

leak means the technician will have to "evacuate" the entire system, replace some components, and "recharge" the whole system.

Cleaning — Finally, wash your dang car. It's filthy.



Maintenance

Here is a checklist of items that require periodic maintenance, replacement or inspections and when they need love and attention. Please check your manual for actual intervals.

- ▶ Tire pressures: monthly
- ▶ Engine oil and filter: every 5-15K
- ▶ Check engine belts for fraying: every oil change
- ▶ Power steering fluid: check level every oil change
- ▶ Lubricate chassis: every oil change
- ▶ Cabin air filter: annually
- ▶ Engine air filter: 12-18 months, 20-30K
- ▶ Fuel filter: 2 years, 40K

- ▶ Automatic transmission fluid and filter: 2 years, 50K
- ▶ Radiator coolant: 2-3 years: 5+ years for 'long life' coolant
- ▶ Brake fluid: Check level every oil change, replace every 3-5 years
- ▶ Rotate tires: Every 15-20K
- ▶ Spark plugs and ignition wires: every 50K or as determined by engine diagnostic computer
- ▶ Inspect brake linings: 2 years, 40K
- ▶ Differential fluid: 3-5 years, 60-75K
- ▶ Manual clutch fluid: check level regularly; replace every 3-5 years, or 60K
- ▶ Timing belt: replace every 100K



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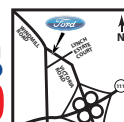
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► Checking to make sure your tires are properly inflated is the easiest way to avoid overheating damage



MICHAEL GOETZ
DRIVE@METRONEWS.CA

Did you know that tires don't like heat? This was illustrated most dramatically back in 2000, when tires were suddenly exploding

on Ford Explorer SUVs in some southern U.S. states. The problem was eventually blamed on under-inflated tires, on heavily loaded vehicles, operating at high speed, in hot summer temperatures.

The amazingly simple

cure for keeping heat out of your tires, is keeping them properly inflated.

Many tires experts even advise running higher pressures than those recommended by the car manufacturers, when you're planning to load up the

minivan for an extended summer-time run on the highway. But don't go crazy with that air pump. An extra five pounds of pressure at each corner would do the trick, and then return pressures to 'normal' after the trip. Cer-

tainly don't exceed the maximum tire pressure ratings embedded on the tire's sidewalls.

The 'recommended' pressures for your specific vehicle are always posted on a sticker, located on the driver's door jam. Always remember these recommendations are for 'cold' pressures, so check them first thing in the morning, or another time when the car hasn't moved for a time.

Everyone nags about checking tire pressures regularly. The easiest way is to visualize how they look when they are properly inflated, and do a simple visual check twice a

Seasons change

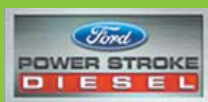
- Once it starts to warm up be sure to swap your winter tires for your summer or all-season set.
- Winter tires run hotter by design, so they stay pliable in the cold — this makes them unsuitable for hot temperatures.
- They will also wear out quickly if you run them in hot weather.

month, or even once a month. The crucial aspect is to do it regularly, and this 'easier than pie' method affords you the greatest chance of doing it regularly.



► Some experts even advise running higher pressures than those recommended by the car manufacturers before long summer drives.

Springtime Specials at Nova Scotia's #1 Ford Commercial and Retail Truck Dealer



Chebucto's new Truck Centre offers six bays dedicated solely to commercial truck service, and stocked with a full inventory of PowerStroke Diesel parts.

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Includes system pressure test, inspection of lines and hoses and replacement of up to 12L of coolant

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Spring Special
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Replace Fuel Filter
Replace Air Filter
Replace 2 Wiper Blades
Multi point Inspection

All for **\$429.95**
Applicable to 6.0L, 6.4L and 6.7L engines

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Includes motorcraft brake pads and labour
Clean and lube sliders

From **\$189.95**

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Brake fluid attracts moisture, and this moisture can rust the insides of the brake system. This moisture was not much of an issue 10 years ago, but on ABS brake system today, the rust and other debris that accumulates in the fluid can do a lot of internal damage, and can be very costly.

Brake fluid can also break down over time from excess heat that is created from within the brake system. It makes sense to flush your brake fluid.

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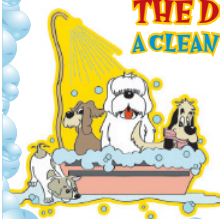
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- Self-Serve
- Very Economical

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Euro Clean is seeking a cast of 6 talented individuals ages 18-40 for our Traveling Live Infomercial Team. A great opportunity to further hone your craft with acting every single day.
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Seeking an organized, professional manager strong in Simply Accounting and CRM's; a great way with customers; productive; and able with a small group of driving salespeople. MUST BE detailed and picky! Experience and education important, as is an ability to juggle many tasks, and learn.

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If you: are mature, caring, compassionate; Have excellent computer/clerical skills; Are proficient in word, excel, outlook; Are professional, organized and efficient; Are comfortable transacting payments and purchases. We invite you to apply...
We are looking for a dynamic receptionist/administrator who will thrive in a chiropractic and complementary health care office.
Please bring your resume in person to Inner Waves Centre 5991 Spring Garden Rd. Suite 635. Call to confirm that we are in the office.

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I WILL PAY THE TRANSFER FEE!

Looking for lease take-over of my 2008 Yaris Hatchback

- Lease ends: Nov. 18, 2012
- 31,000km (96,000kms/lease)
- Warranty: Toyota Full Extra Care Protection Plan
- Dealer inspected Jan. 8, 2011
- 2 sets of tires (all season & studded)
- Non-smoker, underground parked
- Lease Payment: \$331.20/month
- Automatic, excellent condition

Central Halifax
830-0763 • Please call after 5pm

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Metro News requires a delivery driver in the Halifax area who is available during the hours of 3:30 am to 8:00 am Monday to Friday.
The successful candidate will have insurance as well as a large car or small van/truck and who is capable of heavy lifting.
Dependability is a must.
To apply, please send a resume outlining any applicable experience.
I will also require the year and make of your vehicle and references if they are available.
No phone calls please. Only successful candidates will be contacted.
Email: april.doucette@metronews.ca
Fax: 422-5610

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Cars & Trucks for Sale



1999 Acura Integra
One owner.
116,000 km.
air conditioning.
excellent condition.
5 speed transmission. \$5500.
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2010 Ford Focus SE
4cyl. Auto, Fully Loaded,
Only 64k kms
\$12,985 or \$84b/w
motomart - 407-4200

Cars & Trucks for Sale

Cars & Trucks for Sale



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2006 Chrysler Sebring
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REDUCED
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\$15,977 or \$89 weekly



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\$0 down, taxes & fees included
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REDUCED
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\$0 down, taxes & fees included
STK# DC196040



2007 Jeep Wrangler Sahara Unlimited
\$21,995 or \$119 weekly



2008 Mazda3 Sport
\$13,995 or \$69 weekly

\$0 down, taxes & fees included
STK# 11RQ1518A

\$0 down, taxes & fees included
STK# 10UJ3634A

Cars & Trucks for Sale

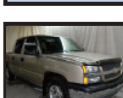


2010 Toyota Corolla S
4cyl. Auto, Fully Loaded, Sunroof, cloth, 43k kms
\$19,985 or \$128b/w
Motomart - 407-4200

Chevrolet Cavalier, 1999, 140,000kms.
ABS/Anti-lock brakes, Air Bags, Power Brakes, 5 speed, FWD, Undercoated! Many new parts! Lady Driven. \$1800.00 902-830-5984



2004 Ford Mustang Convrt
6cyl. Auto, Fully Loaded, Cloth, 87k kms
\$12,985
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2005 Chevrolet Silverado Crew
5.3L V8, Loaded, Cloth, 4x4, 113k kms
\$16,985
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2007 Ford F150 Crew 4x4
8cyl. Auto, Loaded, Cloth, 4x4 only 59k kms
\$22,985 or \$206b/w
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2007 Mitsubishi Outlander 4x4
6cyl. Auto, Fully Loaded, Cloth, Only 55k kms
\$19,985 or \$179b/w
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2007 Pontiac Vibe
4cyl. 5 speed, A/C Cloth
Only 70k kms
\$10,985 or \$99b/w
Motomart - 407-4200



2007 VW Beetle Convrt
4cyl. 5 speed Loaded, Leather, 72k kms
\$18,985 or \$170 b/w
Motomart - 407-4200



2008 Dodge Ram 1500 SKT
5.7L V8, Fully Loaded, Cloth 4x4, 123k kms
\$18,985 or \$142 b/w
Motomart - 407-4200

Cars & Trucks for Sale

Cars & Trucks for Sale



2008 Kia Rio Sedan
4cyl. Auto, A/C Cloth, Only 92k kms
\$7,985 or \$61b/w
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Fix YOUR car right the first time!

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Houses For Sale



3 year old Halifax home was custom designed with many upgrades such as hardwood floors, custom cabinetry with Corian countertops, center island, open concept kitchen. Formal dining room as well, but could be cozy den/office. Finished basement with walkout; rec room, office area, play room, storage and bath. The 2nd floor has 3 bedrooms, the master has an ensuite with jacuzzi tub and walk in closet. Lot is fully landscaped and has cemented driveway. Close to schools and shopping. Contact Tamara at (902) 497-7858, or email: tamara@whitstonedevlopments.ca


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Commercial space for rent in Windsor Garland Crossing.
1400 square ft available immediately.
902-865-5016 or 902-476-7091

Condos, Townhouses & Duplexes For Sale

Downtown Condo Spring Garden Rd
Captivating views from renovated and modern downtown condo. 1 Bdrm, balcony, b/w floors and only \$157,800
Contact Michael: 292 7786
michael@reddoorrealty.ca


Cars & Trucks for Sale

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For A Free Special Report on How To Stop Renting Visit:

www.HalifaxPerfectStarter.com
Ron Basque RE/MAX Options

Sackville - 1 bdrm, 1 Bath, This is a 1 bedroom, plus den. Heat, hotwater, lights, cable & internet all included.
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Saturday, March 26 • 10am
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20' and 40'
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Ladies two tone gold and titanium Rolex.
Waterproof.
Only 3 years old.
Purchased for \$6500 selling for \$3500.
Call 440 8497

PETS

Dogs

Cavalier King Charles Spaniel Pups - 1 Tri-male - 6 months, 2 Blenheim - 1 male/ 1 female - 4 months, and 2 female Rubys, born Nov.15/10. Call for more info 902-765-0885

Hi my name is Nine! I am an all Black American Pit Bull Terrier. I am looking to stud. I am healthy and well mannered! Please call my person Bianca at 902-483-9859

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Book Now and Save 50%

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Dogs

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Other



Looking for Male Hedgehog

My lady Hedgehog Ruby is looking for a boyfriend if you have a male Hedgehog who would like to spend time with her please Email: rubbywantsbabies@gmail.com

PERSONALS

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Call or Text 902-293-2982

Personals

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I am interested in buying vintage and antique items of every kind. I am a specialist in old/antique costume and gold jewellery, dolls, old bears, toys and artwork. Also interested in artwork, nautical, hooked items, furs, sterling items, and many other items. I am experienced and reputable and I can make house calls. Save this ad!

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Spray Foam Insulation
www.hfxinsulators.com

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demos, unit clear-outs, basements, yards
and construction - call 449-0232

ANNOUNCEMENTS

Community Events



Gypsy

A Fleetwood Mac Tribute Band

Saturday, March 26, 2011 Armdale Yacht
Club, Purcell's Cove Rd.
Showtime 8:30 pm For tickets call Sharon @
229-0798 \$15.00 in Advance With Special
Guests PLANET GROOVE featuring Irene Ro-
bichaud.

Community Events



LIVE AUCTION - Fund Raiser
Clayton Park Jr High School will
be holding a live auction in
support of the Grade 9 trip to
Montreal and Quebec City.

Friday March 25, 2011
6:00 to 7:00 Viewing
7:00 to 9:00 Auction

Winston's Pub
278 Lacewood Dr, Halifax

**Does your
parrot
talk too
much?**

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Scrapbook Your WAY ALL DAY!

Saturday May 14th 9am to 6pm
Beginners are welcome! Stress free event!
Door Prizes! 24 spaces available.
<http://ca.mycmsite.com/sites/sharon-sweeney> Full Details online! 471-7797

**Sarah & Peter
are splittin' up**

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To place a classified ad, call **1 800 527-6767**

metro

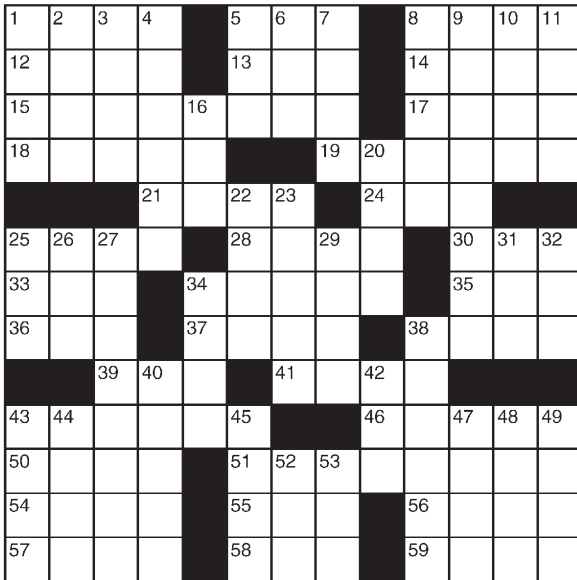
Crossword

Across

- 1 Safe-cracker
5 Collection
8 Memo acronym
12 Seed coat
13 In favour of
14 Sitarist Shankar
15 Soldierly
17 Radar screen noise
18 Defense grp., 1954-77
19 Mate
21 Gear teeth
24 Illustrations
25 Morse "T"
28 Dryer fluff
30 Rd.
33 — Khan
34 Tarzan's transportation
35 Carnival city
36 There
37 Mountain goat
38 Blue shade
39 "This — recording"
41 Celebrity
43 Nursery item
46 Labour camp
50 Birthright barterer
51 Pertaining to funds
54 Swiss city
55 Rage
56 Despot
57 Emulates Simon
58 Ball-bearing item
59 Blood (Pref.)

Down

- 1 Thanksgiving sides
2 Great Lake
3 River to the Col-

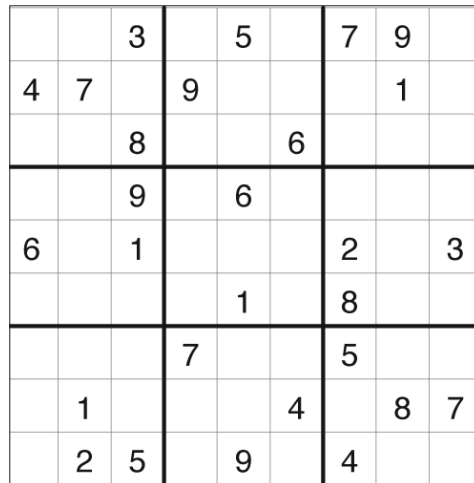


- orado
4 Slight snafu
5 Resort
6 Mess up
7 Santa's sackful
8 Lattice-work shelter
9 Healthful
10 Hertz rival
11 Prop for Sherlock
16 As well
20 Butter servings
22 Smooth-talking
23 Trig functions
25 Rotation duration
26 Past
27 Very clean
29 On deck
31 Through
32 A long time
34 Test tube
38 Broken-leg aid
40 Stupefies
42 Candle count
43 CSA soldiers
44 On the briny
45 Send out
47 Lounge about
48 Composer Khachaturian
49 Pita sandwich
52 Raw mineral
53 Born

► Yesterday's answer



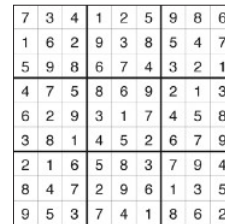
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Buzz, you've taught me so much about life and myself. I'm a better person because of you. I love you more than anything. Can't wait to see what the future holds babe
Love Always Baby Girl NES

Swamp, I love YOU more. So there. & I wont ever stop.
PANDA

Princess Yanna! Happy Birthday filled with love and happiness. B&F LOVE YOU

Juicy, you truly are special & I enjoy everyday spent with you. Looking forward to sharing my future with you.
LOVE ALWAYS HABIBI XO

hey G, I'm thinking of you still; if you're thinking of me too, give me a call and we could talk. I miss you M

Fod, you're a friend that everybody wishes for, but few have. Simply put, you're the Best! FOD SQUAD 4EVER!

Today's horoscope

♈ Aries March 21-April 20 You like to be on the winning side and there's not much doubt you will be today. Remember though, winning isn't everything. If you get the chance to help someone else win, that will make you feel as good.

♉ Taurus April 21-May 21 Decide on a course of action and stick to it. The more you chop and change, the more likely it is your efforts will fall short and leave you feeling as if you have wasted your time.

♊ Gemini May 22-June 21 If someone says something about you that is obviously not true today, you must not get angry. It will annoy him or her more if you pretend that you are not in the least bit upset.

♋ Cancer June 22-July 22 Someone in a position of authority will ask you to team up with someone you don't really get along with today. Chances are, it is more of an order than a request. Make it work.

♌ Leo July 23-Aug. 23 If you allow others to distract you today, chances are you won't get much done. That would be a shame as you have so much going for you now. You cannot afford to be sidetracked by petty issues or petty people.

♍ Virgo Aug. 24-Sept. 22 You seem to be under divine protection at the moment, but that is not an invitation to act recklessly. By all means take a few risks but make sure they are risks you can handle.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Why are you holding back from trying something new? Could it be your sixth sense warning you of dangers ahead? Yes, it could, so be careful. But don't stop altogether.

♏ Scorpio Oct. 24-Nov. 22 Take control of your current situation and don't let other people decide what you'll do or how you'll do it. As a Scorpio, you don't need to care what the world thinks.

♐ Sagittarius Nov. 23-Dec. 21 There is good and bad in every person. If you keep that in mind today, you are less likely to get caught in one of those "I'm right, you're wrong" shouting matches that don't solve anything.

♑ Capricorn Dec. 22-Jan. 20 Be ready to ditch what you don't need so that what you do need has room to come in your life. Don't be sentimental about material possessions.

♒ Aquarius Jan. 21-Feb. 18 You're not the sort to let other people's doubts hold you back. That's just as well because you will encounter some negative reactions today. What you are planning is not doomed. It will be a success.

♓ Pisces Feb. 19-March 20 You may not want to rock the boat but you know that something needs to be done to shake certain people out of their slumber. Aim to inject energy into what has become just another routine. **SALLY BROMPTON**

Caption contest



"Hey Tom! Pull up at the drive-thru for a second. I need a coffee!"
CROYDON DEMELLO

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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2011 VOLVO XC70

Sapphire Black with Sandstone Beige leather interior.

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2011 VOLVO S60

All new S60 for 2011. Electric silver with graphite leather.

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2011 VOLVO XC60

Saville grey with graphite leather interior.

SAVE \$4,000 PLUS get
1.9% interest for 60 months.

VOLVO XC70

VOLVO S60

VOLVO XC60

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*See dealer for details. Some restrictions apply. Vehicles may not be exactly as illustrated.